

Auburn Montgomery Student Health Services

7461 East Dr
Montgomery AL, 36117
(334) 244-3281

Date: 12/12/19

PATIENT: KENNINGTON, CARRIE **DOB:** 10/17/1984 **Gender:** **MRN:** 1122 **AGE:** 35 Years

VISIT TYPE: Office Visit New

CHIEF COMPLAINT: URI

Symptoms: Started last Sunday. Believes it is a sinus infection. Pressure, ear pain. No sore throat. +clear drainage. Low-grade fever last PM.

Duration: 4-5 days

ModFact: Takes Allegra for allergies and Valtrex for cold sores. Last night took Sudafed and Ibuprofen.

VITALS: BP: 154/91 **Site:** LEFT ARM **Position:** SITTING **Pulse:** 93; **Temp:** 99.7; **FDLMP:** 11/15/19

ALLERGIES: methylene blue ((Visual disturbances NOS) or (amblyopia) or (blurred vision))

MEDICATIONS:

Allegra Allergy 180 mg tablet (1 tablet daily by mouth as needed)

PAST MEDICAL HISTORY: allergies, herpes (cold sore), pneumonia, pregnancy, chronic sinusitis, chicken pox

PAST SURGICAL HISTORY: wisdom teeth

SOCIAL HISTORY: Does not use alcohol; Does not use tobacco; Exercises regularly;

FAMILY HISTORY: Mother with history of: High Cholesterol; Father with history of: High Blood Pressure; Maternal Grandfather with history of: alcohol abuse; Maternal Grandmother with history of: CHF, Paternal Grandmother with history of: Breast cancer x 2, stroke--deceased at age 97; Maternal Aunt with history of Breast and ovarian cancer; Maternal uncle with history of alcohol abuse, colon and liver cancer--deceased at age 70; Paternal uncle with history of prostate ca and stroke

REVIEW OF SYSTEMS:

CONSTITUTIONALS: Patient is positive for: Chills, Patient denies: Fever,

ENMT: Patient is positive for: congestion, runny nose, sinus pain, earache, sore throat,

RESPIRATORY: Patient denies: SOB, Cough, Wheeze,

PHYSICAL EXAMINATION:

GENERAL: Well/Developed/Nourished; NAD; Appears Consistent with Age;

HEENT: Normocephalic; Conjunctiva Clear; Sclera White; Oropharynx appears normal. Airways patent, no cyanosis of lips or mucosa. membranes moist, gums pink, tongue and uvula midline, good dentation.

EARS: TMs intact; Left TM Red; Left TM Serous Fluid;

NOSE: Septum without Deviation; No Septal Perforation; Clear rhinorrhea; Turbinate Hypertrophy on Right; Turbinate Hypertrophy on Left; Bilateral Maxillary Sinus Tenderness; Bilateral Frontal Sinus Tenderness;

THROAT: Throat red; Posterior Nasal Drainage; Tonsillar Hypertrophy; No exudates;

NECK: Neck is supple, FROM, no JVD, no lymphadenopathy.

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CARDIOVASCULAR: HRRR , no extra heart sounds, no murmur

RESPIRATORY: Lungs CTA; no rhonchi wheeze or rales; breath sounds symmetric; no chest wall tenderness.

NEUROLOGIC: No Focal Deficit;

PSYCHIATRIC: Mood and Affect Appropriate; Alert and Oriented x3;

ORDERS:

COMP METABOLIC PANEL (QUEST) (1 unit(s)): Quest Diagnostics

CBC W/ DIFF (QUEST) (1 unit(s)): Quest Diagnostics

INFLUENZA (1 unit(s)): In-House Lab

RESULTS:

INFLUENZA:

Value: Negative

ASSESSMENT:

J01.90 - ACUTE SINUSITIS, UNSPECIFIED (PRIMARY)

H65.02 - ACUTE SEROUS OTITIS MEDIA, LEFT EAR

J02.9 - ACUTE PHARYNGITIS, UNSPECIFIED

PLAN:

amoxicillin 875 mg-potassium clavulanate 125 mg tablet

Refills: 0 Qty: 20 TABLET(S)

Instructions: TAKE 1 TABLET BY ORAL ROUTE EVERY 12 HOURS

AUM Instruction Sheet Handout

guaifenesin ER 600 mg tablet, extended release 12 hr

Refills: 0 Qty: 10 TABLET(S)

Instructions: TAKE 1 TABLET (600 MG) BY ORAL ROUTE EVERY 12 HOURS AS NEEDED

Continue with Allegra as directed.

fluticasone propionate 50 mcg/actuation nasal spray,suspension

Refills: 10 Qty: 1 BOTTLE(S)

Instructions: SPRAY 1 - 2 SPRAYS (50 - 100 MCG) IN EACH NOSTRIL BY INTRANASAL ROUTE DAILY

Follow up PRN or if condition worsens

Electronically signed by Melodye Harvey, CRNP on 12/12/19 3:09 PM